

## ABSTRACT

A neck-worn device and a method thereof, wherein a plate having a generally arcuate configuration is placed securely and removably on the neck of a user, wherein a substantially airtight zone is created between the device and the neck of a user, and wherein a valve is provided to allow the escape of air from the airtight zone in response to soft neck tissue respiratory movements, thus enabling the creation of a negative pressure or vacuum and thereby effectively drawing open the air passages of a user. The present invention is particularly suited for, although not limited to, utilization as a sleep apnea device enabling a user to alleviate the bothersome and potentially detrimental effects of sleep apnea without utilizing costly equipment requiring electrical or battery power.